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The Conceptual Framework for Increasing Social Activity of Elderly People

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ANNOTATION: Any type of activity, behavior of an individual is interpreted as the main feature that successfully eliminates certain life difficulties. The urgency of this problem lies in the scale of demographic aging, which has become a subject of purposefully oriented social policy in all countries of the world. The article gives an idea of the main spheres of social activity of persons of retirement age. The social activity of elderly people and their social behavior in modern society are analyzed differently.

KEY WORDS: social activity, elderly, nafaqahorlar, aging of the population, active aging policy.

The problem of demographic aging of the population is a new social phenomenon that arose in society in the second half of the twentieth century. The growth of the elderly in the population has a serious impact on economic, political, social, moral and moral changes. The older generation of Uzbekistan is an important source of economic development of the country. The use of the potential of older people can be a certain basis for the further development of society, since in the economy additional resources arise, and the elderly have the right to realize their opportunities.

There are several types of aging: chronological, physiological, psychological and social. The main factor in the installation of the first round is the number of years that have lived. For the second type, this is a state of Health, a set of somatic deviations of the body. Psychological old age is determined by the fact that a person feels himself, knows his place in the composition of age [7]. The social component of old age has embodied the characteristics of all the listed species, but this is not a set of simple lived years, diseases and emotional experiences of the past, but represents the holistic dialectic synthesis of different types of old age. Currently, the elderly are one of the most important demographic and social groups of the population. The idea of Social old age is primarily associated with the age of the whole society. The problems of social employment of elderly people constitute one of the priority areas of activity of many social institutions not only in our country but also around the world today. Social and research programs are being created to ensure an optimal standard of living for the elderly.

Today, the elderly (65 years and older) are the fastest growing age group in the world. For the first time in the world in 2018 year, the number of elderly people exceeds the number of children under the age of five, and by 2050 their number will exceed the total number of adolescents and young people (from 15 to 24 years). According to the UN forecast, in 2000, if the population of Uzbekistan exceeded 60 years of age was 7.1 percent, by 2050 this figure will be 22.3 percent. According to confirmed statistics, in the case of February 18, 2020, the population of Uzbekistan reached 34 million people. Since the beginning of 2020-th year, the

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population has increased by 0,28 percent, reaching from 33 905 799 people to 34 002 410 people. In terms of population, in our country, which is the largest state in Central Asia, there is a rapid population growth. Since 2010, the population of Uzbekistan has been increasing by an average of 1.80 percent annually. It is worth recognizing that one of the reasons for such demographic growth is associated with the dynamics of different age groups of the population . The increase in the number of population observed in Uzbekistan in 2010-2020 is largely due to the active growth in the total population of the share of 25-29 and 30-34 age groups. These age groups account for more than half of all births. For example, during 2010-2020, the total number of these two age groups increased by 34.7 percent, while the total population of the country increased by 21.1 [4].

At the same time, the analysis of the dynamics of different age groups provides the basis for predicting a significant decline in fertility in Uzbekistan in the next 5-10 years. At present, the population of Uzbekistan, aged 15-24, is about 5.54 million people, which is 12 percent less than the age of 2544 years (6.2 million). In the next decade, a small group from the age of 15 to the age of 24 gradually replaces the group from the age of 25 to the age of 34, which leads to a decrease in the absolute number of births in the population. This model can last for the next 15-20 years, that is, until the 0-9-year-old group, which today is the largest in quantity, enters the reproductive age. But it should be noted that the increase in the number of births does not always affect the decrease in the population. In Uzbekistan, demographic growth will continue and, according to the latest estimates of the UN desa, by 2030 its population will reach 37,4 million people (UN, 2019). It is also worth noting that the number of the population of Uzbekistan at the same time increased by almost half a million, in contrast to previous estimates.

The current demographic situation of Uzbekistan characterizes it as an example of the third demographic transition period. In the long term, this situation ensures the beginning of a period of several decades with the maximum share of the working population and the minimum share of the dependent population in Uzbekistan. From this point of view, the correct formulation of the policy can turn the abundance of the labor force from the economic burden into a valuable asset that provides new prospects for economic growth. In addition, in some regions, such as Europe and East Asia, there has been a slow acceleration of growth and there is a serious problem in the support and care of elderly people. As the average life expectancy increases, older people can play a big role in society and the economy. We need to change our education, health and social protection systems to meet the needs of this growing age group.

In recent decades, attitude to the age of maturity and old age has changed both in society and at the level of public policy, and in scientific circles. Today, retirement is perceived not as a period of quenching, but as an additional resource of further development uchkun allows you to complete the main labor activity and try out something new in the future person associated with it, devote himself to other classes, to a favorite kind of labor, to communication.

The status of the old man in modern society is an indicator of many factors: the level of education, family status, income, place of residence, the role played by him in the socio – professional structure before retirement, etc.

The main reasons for the decline in social activity of the elderly in the society include: cessation of activities, narrowing of the social circle, the absence of other sources of income

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other than alimony, the rise in the price of housing, communal services and medical services, the low level of adaptation to the new way of life, the abundance of idle time not occupied,

In our society there is a stereotype of old age, which is regarded as weakness and, accordingly, uselessness, such a situation has a significant impact on the elderly and determines their attitude to their activity, rights and obligations towards life in the retirement age. A large part of people in old age spend most of their time at home alone. These are people with severe diseases, who do not have close relatives or live in isolation. Loneliness and free time filling remains one of the main psychological problems for them. In such a situation, it is important to have a sub-positive attitude to oneself and health, as well as to be spiritually ready to live and continue a full-fledged active life, even in the presence of serious somatic contractions.

O.Strijiskaya noted that "the characteristic of aging and old age is closely related to the individual's ability to develop, if development is determined by its subjectivity, its main meaning is the attitude of a person to himself as an active person" at the present stage of the development of society, it is necessary to form a new, positive image of old age, A strict condition for the social activity of a person is internal motivations, interests and the activity in which they are created. In addition to personal participation in solving the problems of elderly people, the implementation of Public Policy taking into account all the features of working with this category of the population is becoming a period demand. The duration of an active lifestyle has an effective effect on the state of the uningruly and physical. A large part of the elderly actively participate in the movement of volunteers, charities, landscaping and types of activities. People who do not have problems with adaptation, as a rule, actively realize their capabilities, develop different abilities and thereby increase the level of satisfaction from life, such a situation is one of the indicators of the quality of life. Recognition of old age as a period of development of a person requires the study of the characteristics of his self-expression,the analysis of the embodiment of the "I" in it and its integrity. To a certain extent, the study of the place of creativity, different lifestyles, communication in the process of socialization, the influence of these factors on the level of frustration and mental stress in old age, along with the level of influence of social changes on the integrity, helps to solve the problem [8]. In addition, it is legitimate to raise the issue of broad scientific justification and practical application of the idea of continuous (continuous) education in relation to elderly people. Knowledge of the basic laws will help the socio-psychological adaptation of people in the next life cycle, contribute to the organization of profiling and corrective actions that will give effective results. changes associated with the modernization of the structure of society affect the status and social well-being of elderly people, which is difficult to adapt to dynamically changing economic and socio-cultural conditions.

The way of life of a retired person changes significantly, the existing psychological problems become an adaptive obstacle and affect the decline in social activity. Active socialization, rational involvement of elderly people in labor activity can be a factor in ensuring the economic development of the country. Therefore, it is necessary to take all measures to facilitate their adaptation by stimulating the social activity of elderly people [1].

The formation of social activity is carried out only in the process of attracting a person to collective beneficial labor. The most important factor in the formation of social activity is the availability of the necessary knowledge and ideas about a particular social phenomenon. In

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order for there to be a conscious desire to participate in activities, it is necessary to develop social feelings. As problems of the formation of social activity in the elderly, it is possible to show their activity to be promoted and disapproved by society, the development of demotivation associated with the exit to retirement and the re-evaluation of priorities and guidelines, the loss of their previous social status and the narrowing of the social circle.

Social activities include: a) the perception of social phenomena that form the basis of social and moral values of society; b) the development of their own social qualities and abilities; C) the involvement in practical activities, the development of new social roles. Depending on the number of social roles performed, the level of activity increases. Social activity is carried out in the system of directions of goals, which determines the area of motivation of a person, the direction of his interests, the choice of methods of activity to meet the emerging needs. An important link in the process of formation of social activity is the awareness of the need for self-affirmation, which is associated with two conditions: 1) the presence of training that allows a person to fully reveal his abilities and opportunities; 2) the environment in which social activity of elderly people is recognized and encouraged by society.

M.A. Zdorovsova considers the order of formation of social activity through the unity of human relations and the social environment that surrounds it in the process of cognition, activity and communication. Social activity is a dynamic process, manifested at different levels. The degree of manifestation of a person's social activity depends on the degree of his commitment to socially significant activities and the ratio of his personal relationship to activity. Social activity is determined by its active nature due to the dependence between the existing environment of the individual and the object needs of the individual, it is also aimed at eliminating the discrepancies between the existing needs and conditions of the subject and is associated with the transformation of interest into an incentive of action [3].

An important condition for the formation of social activity of a person is internal motivation, which determines the behavior of a person aimed at solving problems and satisfying the needs and interests of society.

Signs of social activity are manifested as follows: 1) in the absence of indifference to the important, vital influence of the external environment; 2) in the presence of a system of features that provide for the self-actualization of social matter, in the determination of one's own destiny, in the self-determination of social systems, in the direction of their self-control, self-organization, ; 4) in the direction of the system to the future - a feature that opens in the concept of "prospective activity" and is carried out in the model of "foresight of reality" or "required future". The model of the future with perspective determines the purposeful actions that involve the whole process of the motivational struggle of the organism to achieve the goal and guarantees the development and determination of the appropriate methods of its implementation. Among the pensioners, it is important to receive their assistance in the effective development of social activities and to engage in activities to solve socially significant problems. Awareness of its importance and approval by the society contributes to the adequate formation of self-esteem and ensures the necessity of Social Development. The general moral and psychological climate in the team contributes to the emergence and strengthening of positive emotions in relation to socially significant activities. Therefore, the creation of associations of elderly people is necessary for the process of forming their social activity and successfully adapting to the environment after work. The social activity of elderly people can be divided into two parts: 1) the performance of household duties in the

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family; 2) the need to satisfy different types of interests, self-realization. These areas are closely related to each other, helping them to ensure self-positive and adequate self-esteem, in conditions of which there is material assistance corresponding to the established standard of living, eliminating the lack of demand, a sense of loneliness.

In conclusion, it should be noted that the promotion of social activity of elderly people consists in the fact that they perform not only the usual actions, but also actions based on kengaytirishga their independence in solving their social and personal problems. At the same time, the personality develops such qualities as Initiative, responsibility, independence, control over one's own life, more active participation in the life of society.

The main condition for the formation of social activity of elderly people in the post-Labor period is their involvement in socially useful and important activities.

Measures have also been taken to maintain the social activity of the elderly in Uzbekistan, and activities are being carried out.

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